


# October 2018

## EC Caregiver Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10am: Caring Connection Support Group	<b>2</b> 1pm: Caregiver Time Out	<b>3</b> 10am: Diabetes Support Group	<b>4</b> 9:30am: Powerful Tools For Caregivers Class 1pm: How To Introduce A Caregiver Into The Home w/ Aging Outreach Services/Alzheimer Support	<b>5</b>
<b>8</b> 6:30pm: MS Support Group	<b>9</b> 1pm: Caregiver Time Out 1pm: Vision Loss Support Group 6pm: ANGELS Support Group	<b>10</b> Tech 9-1-1 (Sign Up For Time)	<b>11</b> 9:30am: Powerful Tools For Caregivers Class 1pm: Grief Support Group 1pm: Stroke Support Group	<b>12</b> 9am: Health & Wellness Day
<b>15</b>	<b>16</b> 1pm: Caregiver Time Out	<b>17</b> 10:30am: Parkinson's Support Group	<b>18</b> 9:30am: Powerful Tools For Caregivers Class 1pm: Alzheimer's Support	<b>19</b> 1pm: Afternoon Movie
<b>22</b>	<b>23</b> 1pm: Caregiver Time Out 6pm: ANGELS Support Group	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b>	<b>30</b> 1pm: Caregiver Time Out			

Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.